

Versa Ab / Low Back

VS-S531

Designed for efficiency and versatility, our Versa Ab / Low Back station makes a great core workout accessible to virtually anyone. An angled seat and lumbar pad make use comfortable, while low handle positioning offers easy entry, easy exit and enhanced stability. Clearly indicated adjustments make use intuitive, and multi-position foot placement accommodates a variety of users.

- Angled seat and lumbar pad enhance user comfort and stability
- Handle positions enhance user stability
- Multi-position foot placement accommodates a variety of users
- Low handle positions offer easy entry and exit
- Clearly indicated adjustments for ease of use



ADJUSTMENTS	
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	8 user start options

FRAME & CABLES	
FRAME COLOR	Iced Silver
MACHINE ANCHORING	Machine anchoring locations
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME FINISH	Proprietary two-coat powder process

TECH SPECS	
PRODUCT WEIGHT (STANDARD STACK)	231 kg / 509 lbs.
PRODUCT WEIGHT (HEAVY STACK)	263 kg / 579 lbs.
OVERALL DIMENSIONS (L X W X H)	132.2 x 131.5 x 167.1 cm / 52.1" x 51.8" x 65.8"

USER AMENITIES	
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
REAR PLACARDS	Color-coded machine identification & machine specific stretching
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
FOOT SUPPORT	Foot support accommodates users of all sizes for additional lower body support
CONTOURED SEAT	Yes
PERSONAL STORAGE	Bottle holder, storage area and towel holder (towel holder on rep counter only)
PLACARD COLOR CODING	Green (core)

WEIGHT STACK	
CONSISTENT STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
STANDARD STACK	72 kg / 160 lbs.
HEAVY STACK	104 kg / 230 lbs.